

Reset to Resilient



Brought to you by the helpful folks at CommonHealth



Burnout Syndrome



Chronic stress that goes unmanaged

A photograph of a streambed in a forest. The streambed is composed of numerous grey, rounded rocks of various sizes, some of which are partially submerged in a shallow stream of water. The rocks are scattered across the frame, with some large, flat boulders in the foreground and smaller stones further back. The water is clear and reflects the surrounding greenery. The forest is dense with trees and bushes, their leaves in various shades of green, some showing signs of autumn. Sunlight filters through the canopy, creating dappled light and shadows on the rocks and water. In the upper left corner, there is a black rectangular box containing white text.

**How does burnout
feel**

Three R's of burnout

recovery



- **Recognize** - watch for warning signs and assess your needs
- **Reverse** - seek support, manage stress, and ask for help
- **Resilience** - take care of yourself physically and emotionally



RECOGNIZE

Finding your flow



- Journaling
- Organizing our home, workspace, and thoughts
- Connecting with those we trust
- Creating a routine that provides stability and consistency

Journal well



Journaling can help you see your thoughts more clearly and notice patterns.

Flexibility to Adapt



Allow yourself to experience strong emotions
but don't let them get the best of you

Simplify for enjoyment



Reduce both visual and mental clutter.



Reverse

Seek and give support



Actively work against loneliness and isolation by orienting to others.

We were never meant to do it alone...



Manage stress



Trust that you can adapt to life's challenges.

**Ask for
help**



Allow others the opportunity to be of service to you.



RESILIENCE- an ability to recover from or adjust easily to misfortune or change - *Merriam Webster Dictionary*

Your track record for getting through tough times is **100%**



Find meaning & purpose



“When we are not able to change a situation, we are challenged to change ourselves.” Viktor Frankl

Choose optimism

“

Choose not to be harmed and you won't feel harmed. Don't feel harmed and you haven't been.” -Marcus Aurelius



Cultivate positivity and spread it around. This has lasting effects on your life.

Group reflection



Expand your understanding of yourself.



Steady habits increase our ability to bounce back and stay strong.

Resources

COVA Care and COVA HDHP: 855-223-9277 or www.AnthemEAP.com,
(Company Name: Commonwealth of Virginia)

COVA HealthAware: 888-238-6232 or www.mylifevalues.com (Password:
COVA)

Kaiser Permanente HMO: 866-517-7042 or
www.achievesolutions.net/kaiser

Optima Health Vantage HMO: 866-846-2682 or
www.optimahealth.com/cova



QUESTIONS?